

ALL EVIDENTIAL SCREENSHOTS WERE TAKEN USING FACEBOOK'S ARCHIVE FEATURE. YOU MUST READ FROM THE BOTTOM UP PER SCREENSHOT.

I'm not rearranging individual messages for the sake of reading convenience. All I will do is remove personal information.

This document includes mentions of Domestic Abuse.

This is a message to myself and a constant reminder of how strong I've become in the past half decade. I hope by showing others what I've been able to overcome can help people who are or have been in a similar situation. I've pushed this off for a very long time because it has always been an extremely difficult topic for me to uncover. I have been healing for a very long time.

When I was 19, I was abused by my then-partner.

How did I end up being stuck in an abusive relationship?

Abusers don't start out the door with their behavior. They pretend to care about you and act like a good person so you don't leave. They start feeding you their abuse bit by bit until you're completely destroyed and unable to leave, locked in and nowhere else to go. They use emotional blackmail and manipulate you to eventually fully depend on them and make you believe you can't do or be anything without them. They make you feel incapable of being a functional human and you will believe them. Once you're in this stage, the entire relationship becomes complete control over every aspect of your life, who you talk to, who your friends are, what you wear, how you look, how you talk, your opinions, interests and beliefs. Everything.

He would constantly degrade me, insult me, lie to me. I tried to leave him on numerous occasions but he kept threatening to commit suicide and blame it on me. He emotionally blackmailed me, manipulated me, isolated me from my family. Forced me to develop dependance on him. I didn't eat, I didn't wash, I wore the same set of pajamas for weeks, I didn't move out of my bed and I lived around trash. He caused me to become depressed.

[I want to preface that I am doing much better now.](#)

Green is me

Blue is him

The airport sexual assault incident

I was on my way to America to see him. I had to stay overnight in an airport in Sweden. During my stay there I was unfortunately sexually assaulted by a stranger. It was 1am and I had been traveling all day. I had no choice but to choose a bench to sleep on at the airport, I was already uneasy about it but the fact that I saw many other people sleeping there made me feel a little bit safer. While I was sleeping I woke up to a stranger sexually assaulting me.

When this was happening the only person I talked to was my ex because as you know at the time, I had nobody to go to other than him, since he isolated me away from my family.

His response was not what I'd expect from someone in his position.

I was 19 at the time and I just thought this is how hard life is and that I have to suck it up and deal with it, which is what HE taught me and is why I thought nothing of his response.

[REDACTED]

What do I do, it's 3:40 and my train is at 12, I'm stuck at this airport and I don't want to see that guy ever again

Jul 14, 2017 2:41:42am

[REDACTED]

I could've been raped

Jul 14, 2017 2:41:15am



Jul 14, 2017 2:36:38am

[REDACTED]

He then started to follow me so I ran straight for the women's toilets which is where I am now

Jul 14, 2017 2:36:30am

[REDACTED]

And I woke up to a guy sexually touching me

Jul 14, 2017 2:36:30am

[REDACTED]

I fell asleep on a soft couch that was in a quiet room in the airport

Jul 14, 2017 2:36:30am

[REDACTED]

I'm really scared

Jul 14, 2017 2:36:30am



[REDACTED]

Also my cable might not even work

Jul 14, 2017 4:31:23am

[REDACTED]

They caught him

Jul 14, 2017 4:31:20am

[REDACTED]

My phones gunna die

Jul 14, 2017 4:12:34am

[REDACTED]

Also imma buy me a plug

Jul 14, 2017 4:12:27am

[REDACTED]

I have reported it to police and they have identified the man

Jul 14, 2017 4:12:13am

[REDACTED]

I can't find a Swedish universal plug

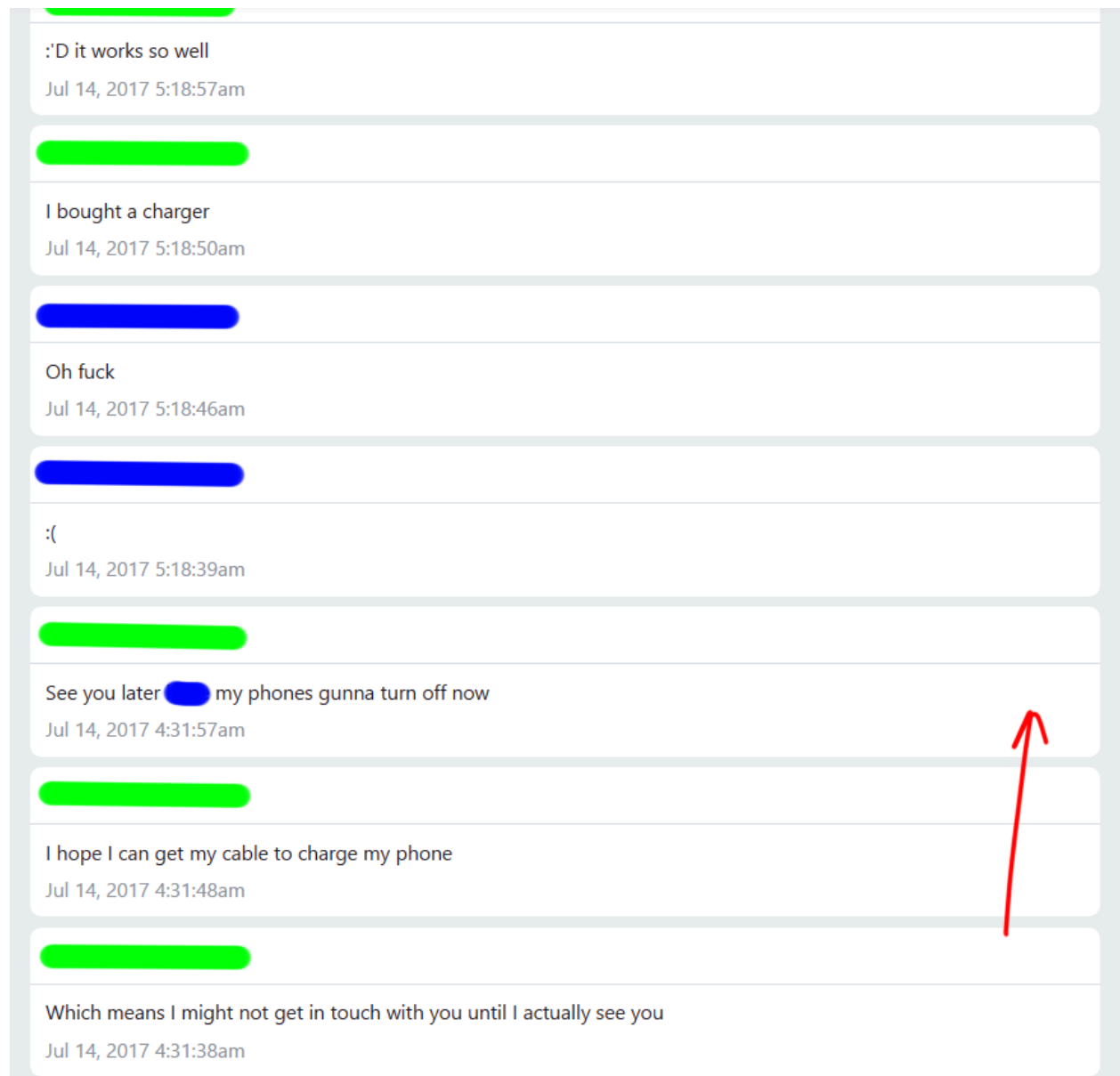
Jul 14, 2017 2:42:36am



[REDACTED]

My phone is at 17%

Jul 14, 2017 2:42:14am



I know people take bad news in different ways and in some cases a ':(' is not awful, but he is usually vocal about his feelings.

[redacted]

I'm just relaxing for now, the police were really kind to me

Jul 14, 2017 5:20:19am

[redacted]

And now Sweden will forever remind me of the unfortunate

Jul 14, 2017 5:19:57am

[redacted]

I feel violated

Jul 14, 2017 5:19:41am

[redacted]

I've been better but I'm glad things were resolved

Jul 14, 2017 5:19:33am

[redacted]

How are you doing

Jul 14, 2017 5:19:19am

[redacted]

That's good..

Jul 14, 2017 5:19:10am



[Redacted]

Full of people sleeping on benches and such

Jul 14, 2017 5:22:29am

[Redacted]

The airport was quiet almost dead

Jul 14, 2017 5:22:21am

[Redacted]

I went to go lie down and sleep on a couch

Jul 14, 2017 5:22:15am

[Redacted]

Yeah ;~; there was even a guy fast asleep and totally oblivious

Jul 14, 2017 5:22:06am

[Redacted]

We're you in a public area babe

Jul 14, 2017 5:21:01am

[Redacted]

:<

Jul 14, 2017 5:20:19am





I don't know what I expected but atleast the me in 2023 would've expected more.

The biggest reason why him reacting this way is an issue is because later on he would use this as an example of how much he's done for me.

In future arguments he would say that he supported me when I went through this to get a leg up on me and use it as an example of how he went 'the extra mile for me' when I don't reciprocate regarding unrelated things in his eyes.

[REDACTED]

back to wanting to divorce myself from you

Dec 17, 2017 6:49:23am

[REDACTED]

Now currently, i'm back to wanting to **kill myself** because you're not there for me, you wont be there if I need you on a moments notice because apparently the internet is the ultimate barrier for you, when its never been one for me

Dec 17, 2017 6:49:11am

[REDACTED]

you stopped me from killing myself when I was divorcing, you left your family just for me because of disagreements, you flew to america before I deployed, those are notable things I remember.

Dec 17, 2017 6:48:29am

[REDACTED]

Personal info [REDACTED]

[REDACTED] Who bought you a plane ticket last minute with no planning whatsoever because I fucked up but you refused to leave the airport? Me. Who got molested at said airport because of the unplanned tickets I got you? You, but who was instantly there to give you some sort of help and advice at a moments notice? Thats right me. I can keep on going, but when I reverse the list to see what you've done for me? when you've been there for me? you know to do your basic responsibilities as a wife, lets see

Dec 17, 2017 6:47:23am

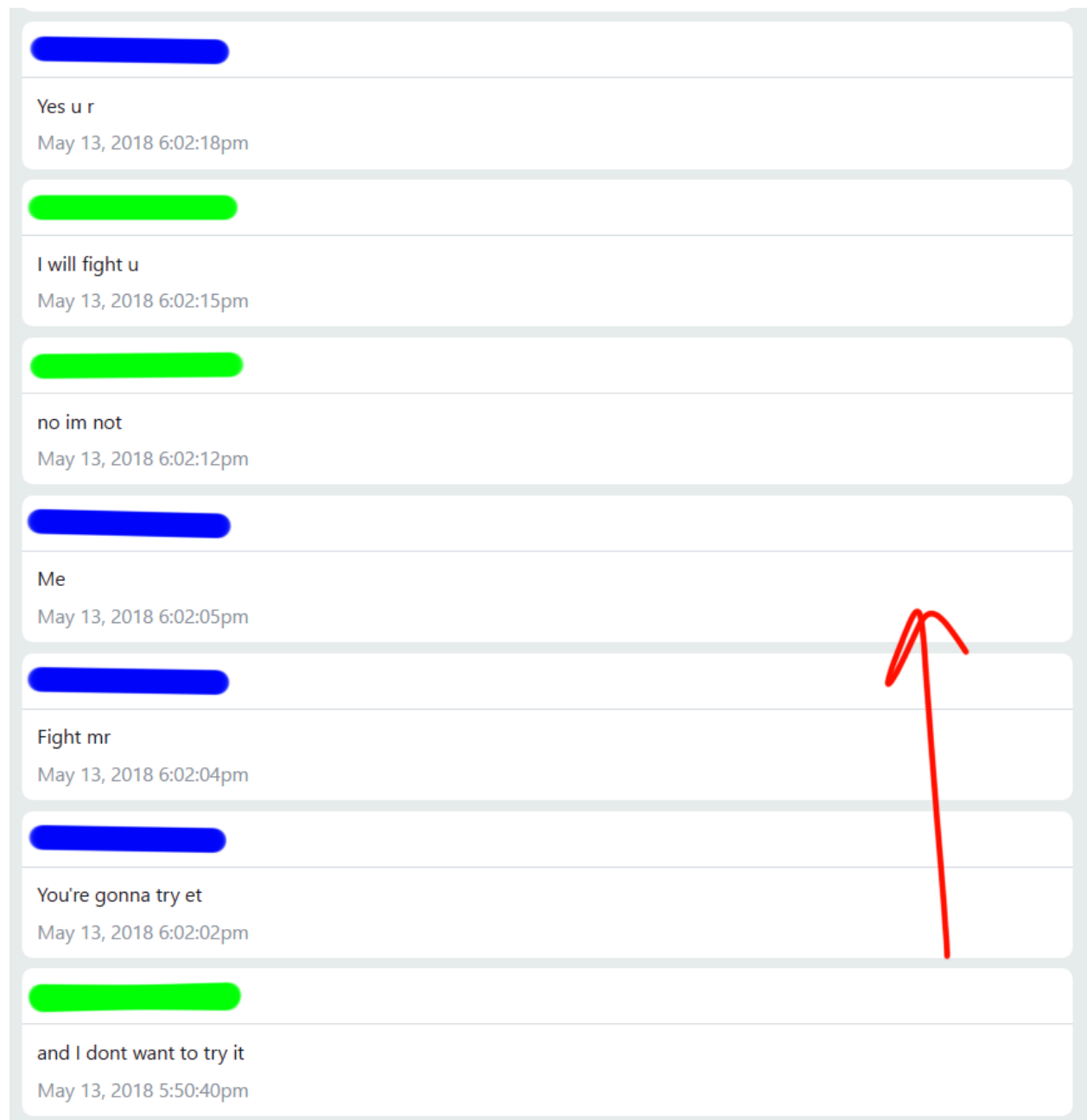
He's flexing about doing not even the bare minimum. " Who got molested? You. Who was instantly there to give you support and advice? Me"

Not instantly there, No advice, No support. Just sad faces and blaming me for getting sexually assaulted by a stranger.

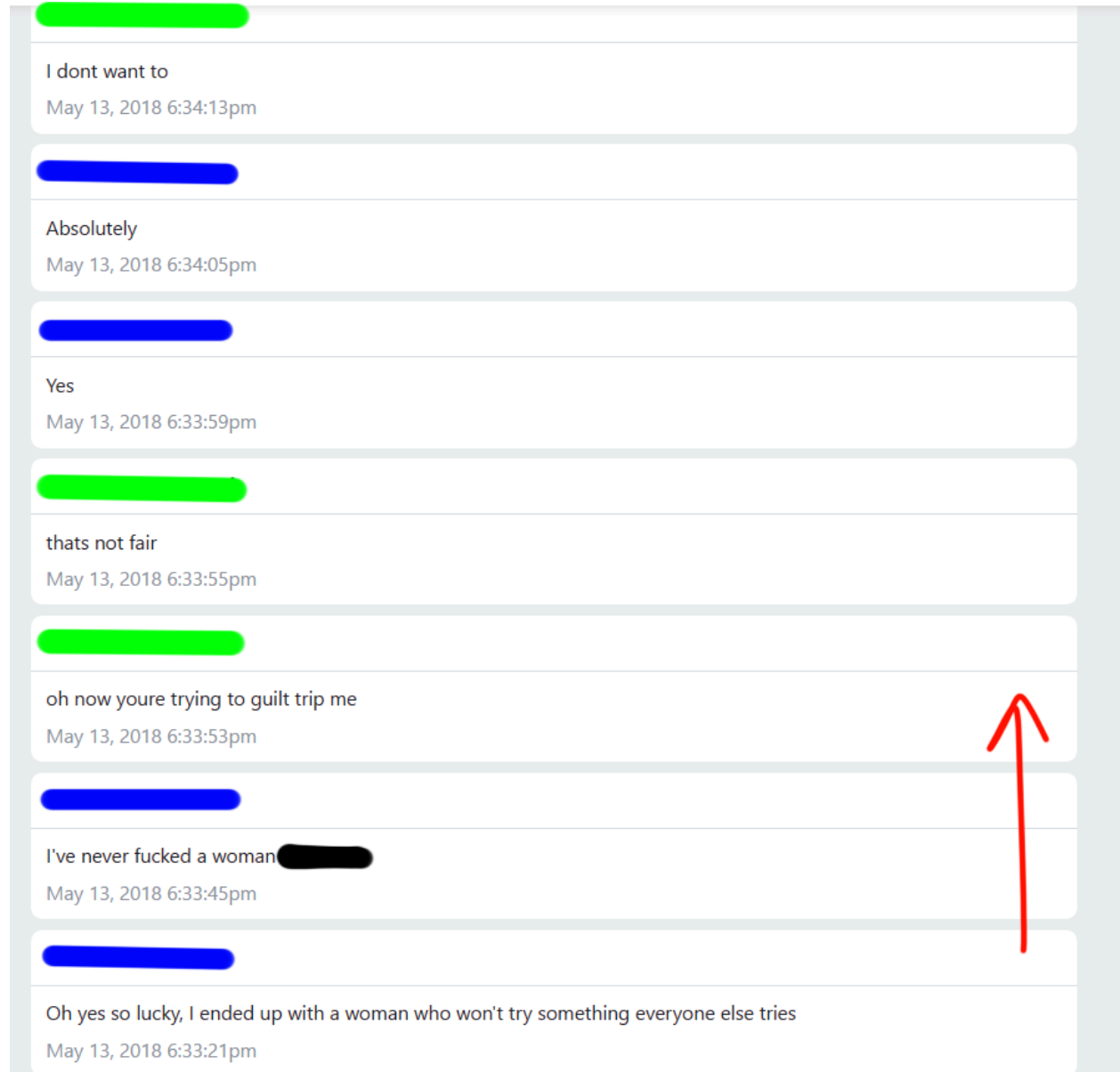
Made me choose between unconsented sex or getting cheated on

My ex was adamant on trying a form of sexual activity. I constantly said no. Even when he made jokes about it, I was still serious in saying no. He didn't respect my decision.

When I went offline, after I tell him no a number of times and expressed my disappointment with his statements, he still painted me as the one in the wrong for not being comfortable with him pushing past my boundaries. The next day I wake up to his messages implying he wanted to commit suicide over me exercising autonomy over my body.



At first he was joking about it. Knowing fully well I've said no in the past.



And then it just escalates to this 30 minutes later after I didn't take the joke.

[redacted]

this conversion with you is a let down

May 13, 2018 6:37:54pm

[redacted]

It's a let down

May 13, 2018 6:37:40pm

[redacted]

but you dont listen

May 13, 2018 6:37:35pm

[redacted]

ive always said no

May 13, 2018 6:37:33pm

[redacted]

Now you're just flat out saying no

May 13, 2018 6:37:23pm

[redacted]

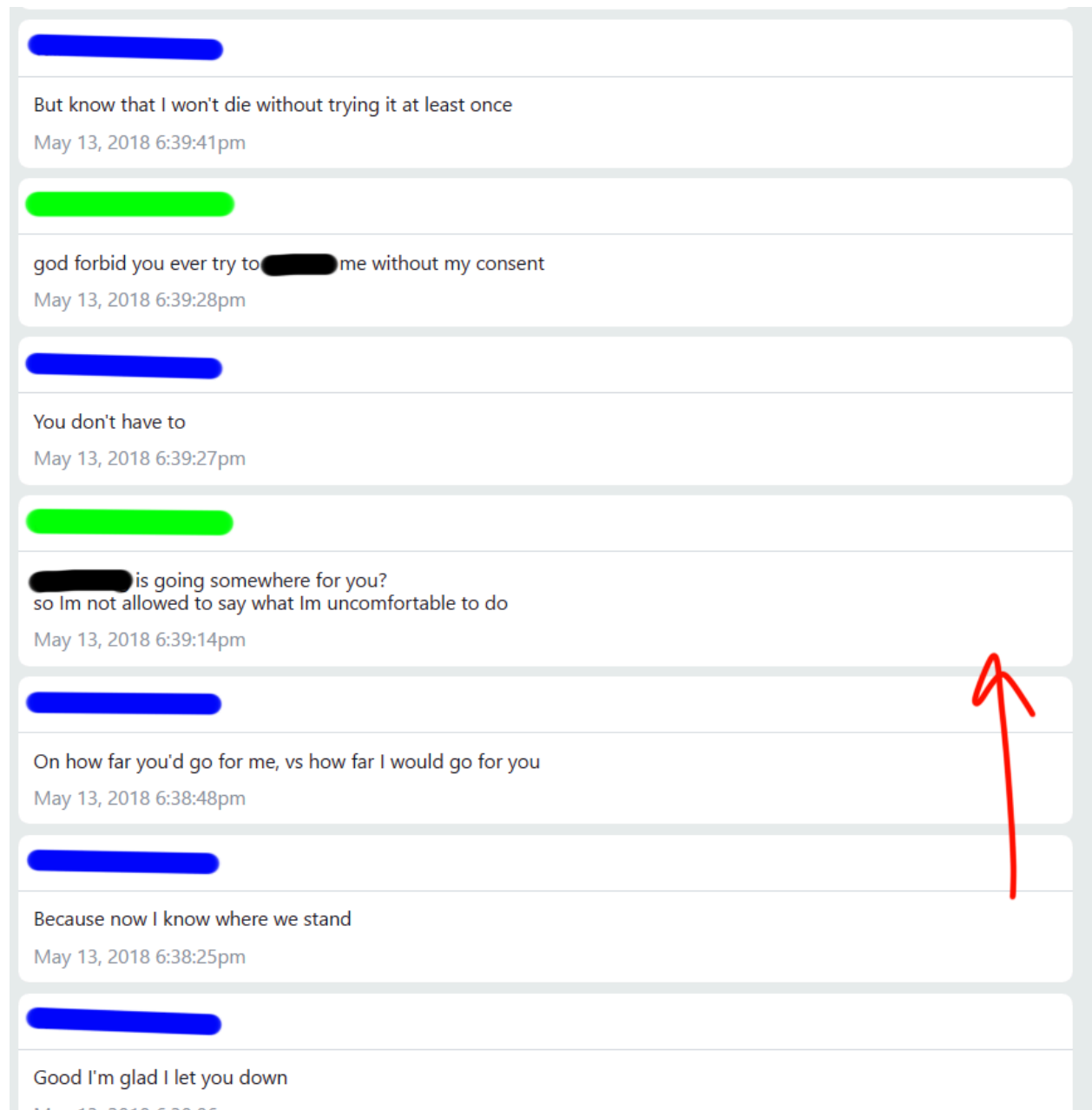
Before you were up for trying

May 13, 2018 6:37:12pm

[redacted]

youre quite obviously wanted to leave me over me saying no to [redacted] and yet youre still trying to turn this around





Further trying to make me feel bad for saying no.



'Maybe it'll be after you die' what does that even mean? And to him he's implying me saying no to this one thing is the same as me saying no to absolutely everything else.

[Redacted]

On your terms nothing will ever happen

May 13, 2018 6:48:22pm

[Redacted]

If you're not going to die what are you scared of

May 13, 2018 6:48:07pm

[Redacted]

when Im ready on MY terms

May 13, 2018 6:48:07pm

[Redacted]

It isn't but at some point you need to have courage

May 13, 2018 6:47:53pm

[Redacted]

being scared is no joke

May 13, 2018 6:47:35pm

[Redacted]

Because you love not experiencing anything for yourself

May 13, 2018 6:47:32pm

[Redacted]

I forgot you're going to chicken out of that too

May 13, 2018 6:47:16pm



[Redacted]

Yet she won't support me in something she's not comfortable with

May 13, 2018 6:50:43pm

[Redacted]

Society says we were forced to stick with one woman

May 13, 2018 6:50:28pm

[Redacted]

You're right it isn't

May 13, 2018 6:50:15pm

[Redacted]

Considering how scared you were of nature

May 13, 2018 6:50:04pm

[Redacted]

It's not fair

May 13, 2018 6:49:55pm

[Redacted]

It's a wonder we managed to have sex

May 13, 2018 6:49:52pm

[Redacted]

I wasn't aware you were such a baby



[redacted]
but making me feel like I have to be forced to do something Im completely uncomfrotable with and stressed out about for the sake of this relationship, thats okay to you?

May 13, 2018 6:52:30pm

[redacted]
I will put my money where my mouth is

May 13, 2018 6:52:25pm

[redacted]
We are not equals like I assumed we where

May 13, 2018 6:51:36pm

[redacted]
you wouldnt say no ey

May 13, 2018 6:51:35pm

[redacted]
riiiight

May 13, 2018 6:51:32pm

[redacted]
But that's about it

May 13, 2018 6:51:19pm

[redacted]
I would give you shit

'We are not equal like we assumed we were' You never once saw me as an equal. If I was equal to you then you would respect my boundaries and when I say no, it means no.

And you do it too

May 13, 2018 6:53:34pm

[Redacted]

you look like an absolute dickhole

May 13, 2018 6:53:32pm

[Redacted]

quit pinning this around

May 13, 2018 6:53:27pm

[Redacted]

thats exactly what you just did to me

May 13, 2018 6:53:22pm

[Redacted]

That's fucked

May 13, 2018 6:53:09pm

[Redacted]

telling me youre going to cheat on me unless I do it

May 13, 2018 6:53:02pm

[Redacted]

Tellinge you'll leave me because you cannot provide something I want

May 13, 2018 6:53:01pm

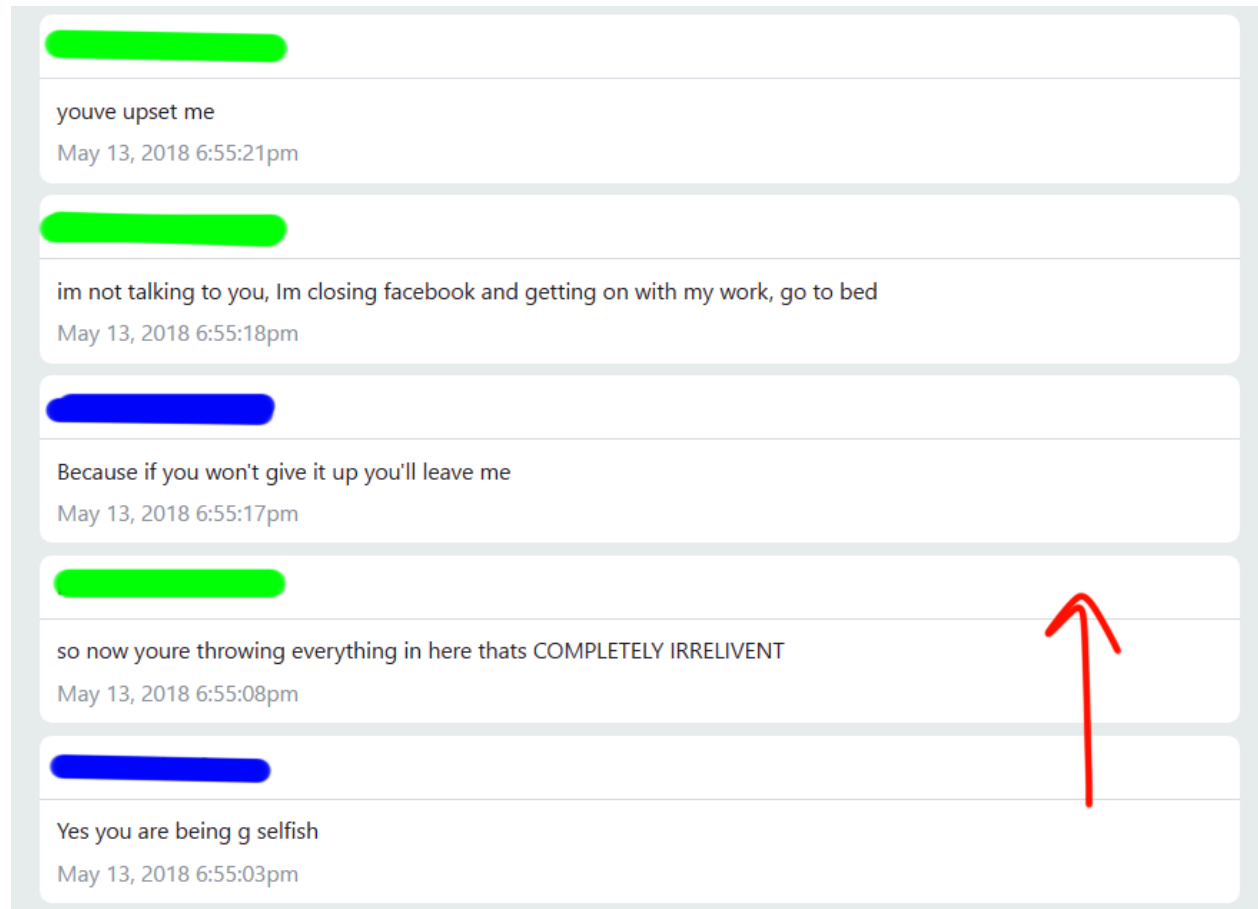
[Redacted]

youre fucked up





Previously I said the reason for me saying no (not that I have to give one) was because I was scared. Now he brings back the topic and uses it to make his own point about 'what hes scared of' to compare himself to me. To make the thing he's 'scared' about seem worse than what I'm scared of. This is how an abuser invalidates your views and guilts you into doing something you're not comfortable with.



We went from him pressuring me into doing something I said no to multiple times and threatening to sleep with another woman if I don't agree to it, to 'I can provide what can you do?' It seems to him, having autonomy over my own body is selfish.

[REDACTED]

This all started as a joke, I never imaged you would actually say no. That's what I'm the most upset about. [REDACTED]
[REDACTED] Yeah that's not happening, if it ain't missionary it ain't authorized by army regulations. I'mma let my fear control me now

May 13, 2018 7:00:14pm

[REDACTED]

That's selfish

May 13, 2018 6:57:37pm

[REDACTED]

Someone who loves you won't deprive you of something, they'll at least let you have a work.around but you won't even do that

May 13, 2018 6:57:32pm

[REDACTED]

And I'll rescind my statement of love too

May 13, 2018 6:56:53pm

[REDACTED]

I won't go the extra mile for you if you won't for me

May 13, 2018 6:56:22pm

[REDACTED]

Keep an eye out for changes in my behavior then

May 13, 2018 6:56:11pm

[REDACTED]

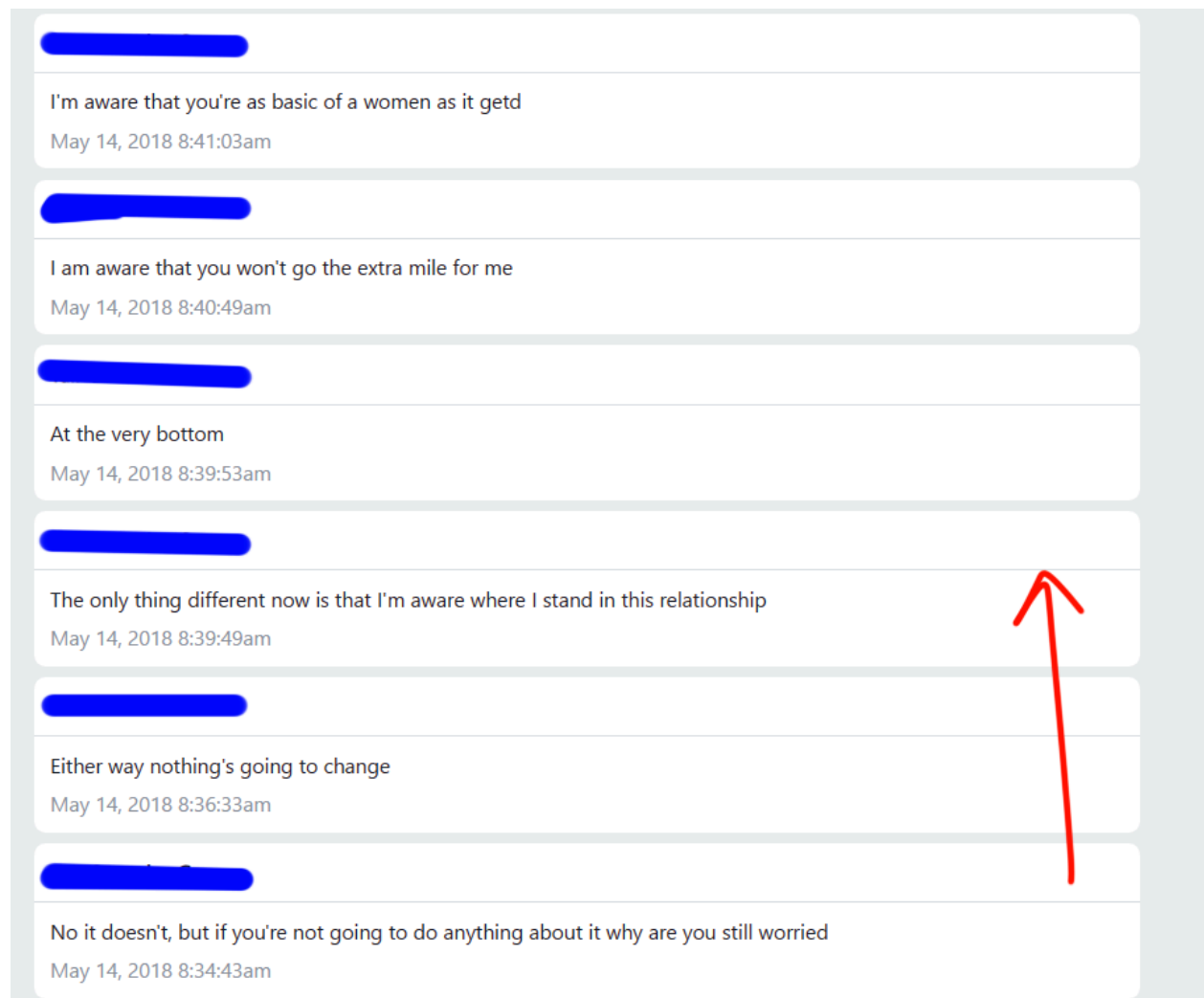
Yeah you've dissapointed me too

'I never imagined you'd actually say no'. I've always said no. You never listened.



He starts to bring up suicide. Threatening to commit suicide is a common abuse tactic that Abusers will do to make you stay or do something for them. It can be a form of emotional blackmail.

Every time I attempted to get out of his abuse, he would threaten self harm to force me to stay.



This is him still confronting me about it the next day.



Reminder that I expressed having autonomy over my own body and now I don't 'deserve anything extra'.

'I've already had this same discussion before in the past' Here he's referring to his ex wife.



No means no.

I would also like to mention having children and getting married are two of the biggest ways an abuser will manipulate their partner into not being able to escape, alongside isolating them from their friends and family so that the victim has nobody else to turn to and cannot run away.

A time he threatened to cheat on me if I didn't consent to what he wanted to do

[Redacted]

Because when you start feeling the same negative feelings you got from your last marriage all you want to do is give up again

Jan 17, 2018 8:28:43pm

[Redacted]

im not sure what that means

Jan 17, 2018 8:28:29pm

[Redacted]

Because of that alone, statistics say I'm 50% more likely to divorce my next wife

Jan 17, 2018 8:28:11pm

[Redacted]

which was

Jan 17, 2018 8:28:04pm

[Redacted]

You know there's one thing the chaplain did say about my previous divorce.

Jan 17, 2018 8:27:48pm

[Redacted]

If you're just inviting me to cheat on you

Jan 17, 2018 8:27:04pm

[Redacted]

Literally what's the point of commitment to you

Jan 17, 2018 8:26:49pm



If you think I don't deserve you

Jan 17, 2018 8:46:04pm

[Redacted]

Then everything you're telling me is a lie

Jan 17, 2018 8:45:55pm

[Redacted]

Since you won't make the attempt to me

Jan 17, 2018 8:45:45pm

[Redacted]

I cant be with you if you fuck another woman

Jan 17, 2018 8:45:40pm

[Redacted]

I'll fuck women to be happy

Jan 17, 2018 8:45:37pm



[Redacted]

You can't stay with me

Jan 17, 2018 8:46:42pm

[Redacted]

but you cant stay with me

Jan 17, 2018 8:46:33pm

[Redacted]

you can fuck another woman

Jan 17, 2018 8:46:30pm

[Redacted]

What's it going to be

Jan 17, 2018 8:46:27pm

[Redacted]

Or you don't

Jan 17, 2018 8:46:19pm

[Redacted]

You either deserve my dick

Jan 17, 2018 8:46:17pm

[Redacted]

I cant be with a man who fucks other women no matter how depressed I am for this relationship

Jan 17, 2018 8:46:15pm



So My dyslexia causes me to have working memory loss. It can sometimes affect my life but it's nothing too serious. I will struggle to remember a date unless I write it down or other people remind me. "Working memory is the capacity to store information in an individual's temporary memory in order to perform a task."

This posed a problem in my relationship with my ex abuser. This was before I got an official diagnosis for dyslexia and because I had no real proof of being dyslexic at the time he would gaslight me into thinking I'm just stupid and lazy.

Dyslexia does not affect your intelligence.

He would use words like, slow, stupid, r***rd, dumb.

He claimed that I was just trying to find excuses and crutches for forgetting to do something for him, all the while I was across the ocean studying for my degree in university.

He refused to believe me so I went out and saw a psychologist and got an official diagnosis.

After I came back with real proof this time he then was upset about how life isn't fair for him and how he just couldn't have a 'normal functioning partner.'

This still did not stop him from gaslighting me into thinking I'm stupid.

This was after I decided to prove it to him by going out and getting an official diagnosis by a psychologist because I was tired of being belittled and insulted by him over it.

[redacted]
What a coincidence

May 26, 2017 3:37:57am

[redacted]
Yeah, I'm sure you're magically retarded to suit your needs

May 26, 2017 3:37:55am

[redacted]
how you answer questions

May 26, 2017 3:37:50am

[redacted]
it affects memory, speech

May 26, 2017 3:37:34am

[redacted]
For everything

May 26, 2017 3:37:19am

[redacted]
you havent read upon it enough to know how it affects the brain

May 26, 2017 3:37:18am

[redacted]
That you now have an excuse

May 26, 2017 3:37:15am



[redacted]
Exactly as it sounds
Using your disability as a crutch

May 26, 2017 3:39:10am

[redacted]
what are you talking about "pull shit:

May 26, 2017 3:38:48am

[redacted]
If that's your reason for everything I'm not gunna stick around

May 26, 2017 3:38:43am

[redacted]
You can't pull shit with me like this for Ever

May 26, 2017 3:38:30am

[redacted]
Bottom line

May 26, 2017 3:38:16am

[redacted]
Im going to bed

May 26, 2017 3:38:10am

[redacted]
what the fuck

May 26, 2017 3:38:02am



[REDACTED]

You just immedietly say I don't know

May 26, 2017 3:41:51am

[REDACTED]

Like you don't even give yourself a chance to think

May 26, 2017 3:41:41am

[REDACTED]

Then I don't know because your dislexic should cease from your vocabulary

May 26, 2017 3:40:51am

[REDACTED]

Im not blaming anything on anyone >:o

May 26, 2017 3:40:30am

[REDACTED]

Eventually I want a wife who's competent. And if she struggles at least she has the ability to admit she needs help.
Not blaming it on something

May 26, 2017 3:40:11am

[REDACTED]

Boi Im not using it for everything

May 26, 2017 3:40:03am

[Redacted]

Life's no fair

May 26, 2017 4:02:54am

[Redacted]

I don't know what to do anymore except be mad at everything

May 26, 2017 4:02:42am

[Redacted]

:(

May 26, 2017 4:02:41am

[Redacted]

That's why I'm not sure

May 26, 2017 4:02:25am

[Redacted]

Therefore I see a rocky future with you

May 26, 2017 4:01:29am

[Redacted]

On one hand I don't like being lonely, on the other we decided to commit our futures to each other and it seems you are unable to handle yourself

May 26, 2017 4:01:18am

[Redacted]

Turns out that's just you as a person



He didn't like that I watched an anime that depicted a gay couple.

I had spent the day watching an anime called Citrus when it was released. It's just an innocent rom-com about two gay girls. I wanted to talk to my ex about it because I enjoyed the show. He had a complete homophobic tantrum about his disdain for me watching anything even relating to the topic of lgbtq+. I have always been a fan of the yuri genre in anime, I've drawn both attractive women and attractive men in my art previously. This has never been an issue prior with my ex so I was shocked to see his reaction.



[Redacted]

And you find it entertainment

Jan 14, 2018 7:30:52pm

[Redacted]

That's why you approve gay relationships

Jan 14, 2018 7:30:44pm

[Redacted]

That's why you watch shit like yuri

Jan 14, 2018 7:30:32pm

[Redacted]

You think gay people are normal

Jan 14, 2018 7:30:25pm

[Redacted]

"You're going to approve the fact that people think it's acceptable to have a mental disorder and find it amusing"

Jan 14, 2018 7:30:01pm

[Redacted]

Point it out

Jan 14, 2018 7:29:21pm

[Redacted]

What's so confusing

Jan 14, 2018 7:29:17pm



[redacted]

and whats that question supposed to even mean

Jan 14, 2018 7:32:19pm

[redacted]

Yeah and that's not the way nature created us

Jan 14, 2018 7:32:18pm

[redacted]

i see gayness and heteroness as people finding love in whoever they want to love

Jan 14, 2018 7:32:03pm

[redacted]

?

Jan 14, 2018 7:31:36pm

[redacted]

Show me on your body where the vagina from another woman is supposed to go

Jan 14, 2018 7:31:32pm

[redacted]

i wasnt brought up that way

Jan 14, 2018 7:31:15pm

[redacted]

I dont see gayness as a mental disorder

Jan 14, 2018 7:31:10pm



[Redacted]

No but if I can't have a child with you it will end this relationship

Jan 14, 2018 7:33:56pm

[Redacted]

most people dont jump into relationships with the intention of reproducing :!
You didnt date me solely for the reason of reproduction did you

Jan 14, 2018 7:33:37pm

[Redacted]

Because I'm not going to defy nature

Jan 14, 2018 7:33:33pm

[Redacted]

When I eventually found it with you

Jan 14, 2018 7:33:25pm

[Redacted]

You're saying you would prefer me to find true love in a man

Jan 14, 2018 7:33:15pm

[Redacted]

It means you're too blinded by emotions to realize how unscientific it is for people to be fucken gay

Jan 14, 2018 7:32:53pm



[REDACTED]

And you enjoy watching shit

Jan 14, 2018 7:38:41pm

[REDACTED]

You want to accept them as part of society when they're all just a bunch of mental disorder fuckd

Jan 14, 2018 7:38:36pm

[REDACTED]

IM NOT GAY

Jan 14, 2018 7:38:34pm

[REDACTED]

~_~

Jan 14, 2018 7:38:26pm

[REDACTED]

Just because you want to be fucken gay

Jan 14, 2018 7:38:17pm



[REDACTED]

I have standards for myself

Jan 14, 2018 7:40:10pm

[REDACTED]

Gays aren't normal

Jan 14, 2018 7:40:02pm

[REDACTED]

I refuse to be with a woman who associates with anything that isn't normal

Jan 14, 2018 7:39:58pm

[REDACTED]

what is the point you are making right now

Jan 14, 2018 7:39:34pm



[Redacted]

you're actually being childish

Jan 14, 2018 7:41:31pm

[Redacted]

...

Jan 14, 2018 7:41:25pm

[Redacted]

Just like how you're probably a closet gay too

Jan 14, 2018 7:41:19pm





Suddenly bringing up the fact that I developed depression while with him and wasn't eating or sleeping. I was perfectly fine mentally before I met him.
Then to compare himself to me saying he's successful 'at his current age' -
At this time I was 20 years old and he was 22.

[Redacted]

what the fuck?

Jan 14, 2018 7:46:24pm

[Redacted]

But I don't give a fuck

Jan 14, 2018 7:46:18pm

[Redacted]

Everyone will call me selfish

Jan 14, 2018 7:46:14pm

[Redacted]

Then go on, get lost in the swamp with the rest of the good for nothing's

Jan 14, 2018 7:46:03pm

[Redacted]

You're not willing to have standards

Jan 14, 2018 7:45:48pm

[Redacted]

You're not willing to get up there with me

Jan 14, 2018 7:45:41pm

[Redacted]

I'll treat you like the rest

Jan 14, 2018 7:45:32pm





This screenshot is two hours later, after I had just been dealing with verbal abuse for watching a yuri anime and I was at my breaking point. If I told him I disagree with him he would abuse me, if I didn't have the same views as him he would abuse me, if I didn't give up and let him 'win' because he saw me as a competition he would continue to abuse me the next day. None of his abuse was working and I still didn't give in, he later called me for 115 minutes.

When he called me he would victimize himself and act like his life is the worst to make me feel sorry for him, he would constantly call himself names and put himself down to me. Me saying 'you're not a piece of shit' is a response to him telling me something like 'you probably think im a piece of shit' Because he often twisted his words to make me look like the bad guy.

Usually when I found myself not able to breathe its because im reacting to him talking about vocally contemplating suicide -

a running theme with every session of abuse he had with me was him ending the argument with threatening suicide to emotionally manipulate me. He will be a raging homophobe and because

I don't agree with it he will use this tactic to brainwash me. He said that me 'engaging with lgbt content threatened his career in the US Army' and eventually after two hours of emotional manipulation, I gave in.

This is how he eventually managed to skew all of my opinions and views into becoming a carbon copy of his. I wanted to avoid abuse every way that I could.

This happened every time I wanted to talk about my interests that didn't align with his.

Cared more about his sex life than my mental health

In Jan 2018 was when I had fully developed depression by being in this relationship. I was slowly falling into a hole but my ex couldn't care less. I started drinking alcohol to feel better.

[Redacted]

It was alot easier before you decided to be depressing

Jan 17, 2018 7:47:51pm

[Redacted]

Everyone says it, now I'm experiencing it

Jan 17, 2018 8:07:11pm

[Redacted]

All it shows is that being married means an end of your sex life eventually

Jan 17, 2018 8:06:52pm

[Redacted]

It won't change how I feel

Jan 17, 2018 8:06:20pm

[Redacted]

You tell yourself that if it makes you feel any better

Jan 17, 2018 8:06:15pm

[Redacted]

im still in that hole, nothing has changed from the start of the year we've already discussed this

Jan 17, 2018 8:05:13pm

[Redacted]

I know

Jan 17, 2018 8:15:17pm

[Redacted]

I can't say I fully love you

Jan 17, 2018 8:14:59pm

[Redacted]

If ones withered away

Jan 17, 2018 8:14:49pm

[Redacted]

I consider my sex life just as important as my love life

Jan 17, 2018 8:14:42pm

[Redacted]

You already know

Jan 17, 2018 8:14:27pm

The marriage

That whole thing wasn't a real 'marriage', there was no wedding, no ceremony, no dress, no vows. I was alone, I had been stripped away from my family, stripped of my hobbies, my interests, my opinions, my confidence, my self esteem - I had nothing left but him because he made sure of that.

He made me choose between him and my family, and made me scared to think for myself. I had no-one.

I traveled alone for the first time to America at the age of 19 and it was at his home when I had nowhere to go and no way of getting myself home when he asked me to marry him.

I didn't want to but I also didn't want to know what was going to happen if I said no

So I pressured myself into saying yes on the spot.

My family hated me, I hated me. He made me believe I was incapable of living without him. He molded me into his pocket house wife.

I never wanted any of this. I had only been dating him for less than a year at that point.

I didn't want to have to deal with whatever happened if I refused so I signed the paper.

I was no longer a human being anymore, I was my abuser's property.

He had full control of me now.

Now he knew I couldn't leave even when I live in another country, because I was now legally binded with this man and his abuse with me worsened.

I was stuck.

I feel a massive amount of shame and embarrassment of myself over this. This is the biggest regret I forced myself to repress over the years. I don't consider it a chapter of my life, but a nightmare that lasted for too long.

Now, I don't consider myself having ever being 'married' but instead I view it as a traumatic event. At the time this happened, I still never viewed it as a marriage, I only ever referred to him as my boyfriend and I have never referred to someone as 'my husband' because it wasn't what I wanted.

He used me. In the US army you are required to live in the barracks on base. If you marry and have a 'family' you can move out of the barracks off base and have your own house.

He used me so he could keep the house he acquired by marrying his ex wife.

I didn't live with him. Everything in that house was his. He lived by himself a comfortable life in that house alone. He just exploited me for his personal gain. I was never in the picture, just a checkbox on a list.

During this time when it was supposed to be an overseas vacation to go and see him, he turned me into a housewife. Demanding me to make his lunch every single day the exact way that he wanted it, making me do his chores in a house I don't live in, and if I messed up even a little bit he would shout at me and insult me until leaving me alone to deal what he had just given me. Taking out all of his frustrations at work on me.

I wasn't allowed to have friends

When I was living in my student house with the 6 other uni students, they liked to throw house parties in our house. Afterall, it was a very large house with 7 bedrooms and 2 bathrooms. The parties were just your average university young people party but everyone who attended was a nerd or weeb from the anime club. I wanted to join in and drink in my own house with my friends but my ex disapproved of this. These parties happened about 3 - 4 times per year, so barely ever.

I remember retreating to my room during every party because my ex was blowing up my phone and insulting me for hanging out with my own friends in my own house.

I remember breaking down in front of my friends because of the emotional blackmail he would use on me to get me to leave every social situation.

Trying to join bank accounts when we hadn't been together for long

The relationship had just begun and I was still living with my parents while studying at university, my mum was in control of my bank account at the time. He insisted we join bank accounts. This was an early sign of abuse because it was the first time he attempted to gain control over me. I wanted to run it by my mum first. As I declined, He then took his frustration out on me.

[REDACTED]

I'm not worth it enough to give you help

Feb 22, 2017 2:58:49am

[REDACTED]

By telling me I'm not worth your time right now

Feb 22, 2017 2:58:27am

[REDACTED]

you're jumping to conclusions

Feb 22, 2017 2:58:18am

[REDACTED]

Yeah you basically have

Feb 22, 2017 2:58:14am

[REDACTED]

I've not decided I don't want your help at all

Feb 22, 2017 2:58:06am

[REDACTED]

I knew we were fucked.

Feb 22, 2017 2:57:59am

[REDACTED]

From the moment you decided you don't want my help

Feb 22, 2017 2:57:52am

[REDACTED]

I told you already it takes two to tango. If you're not with me on finances, romance, work ethic cleanliness then obviously you're not. And that could be any of those, clearly finances will sink this relationship faster than the Titanic

Feb 22, 2017 2:56:47am

[REDACTED]

Ours

Feb 22, 2017 3:00:20am

[REDACTED]

That's the dumbest shit I've ever heard

Feb 22, 2017 3:00:13am

[REDACTED]

Not my bank account jeez

Feb 22, 2017 3:00:09am

[REDACTED]

Fuckin really?

Feb 22, 2017 3:00:04am

[REDACTED]

The moment you said you want to take a bank account slow ?

Feb 22, 2017 2:59:59am

[REDACTED]

you're jumping to conclusions again

Feb 22, 2017 2:59:50am

[REDACTED]

since when did I tell you you're not worth my time

Feb 22, 2017 2:59:44am

[REDACTED]

why do you fail to understand that I wanted to try to sort it out with the person who is currently in control of my bank account first then to take action via what you suggested I should do

Feb 22, 2017 2:59:29am

[REDACTED]

Yeah I may have gotten out of hand yesterday but you were being as dense as a brick wall

Feb 22, 2017 12:31:33pm

[REDACTED]

And quiet honestly I'm tired of people not giving me their 100% effort

Feb 22, 2017 12:31:09pm

[REDACTED]

Because at the moment I don't see as equal

Feb 22, 2017 12:30:41pm

[REDACTED]

That's what I got this morning

Feb 22, 2017 12:30:32pm

[REDACTED]

I'm not Gunna bother then

Feb 22, 2017 12:30:27pm

[REDACTED]

I'll tell you what she told me though, she said that you are controlling, it will get worse the longer our relationship progresses, she doesn't want to see me take shit from you and constantly trying to defend myself, its bullying (as I've told you in previous arguments) and that people like you never change. She doesn't want me to be in a controlling relationship like this and constantly living in the shadow of your ex wife as you compare me to her. She's not letting me go to America anymore because now she's worried about what you might do to me if we were to have an argument like this in person. She said that this is a form of domestic abuse and that no man should treat me like this, for the relationship to work we have to respect one another, we have to approach each other as equals, because what she sees is empowerment

Feb 22, 2017 12:29:35pm

[REDACTED]

My mum saw our conversation

Feb 22, 2017 12:19:11pm

He noticed how my mum got in the way of his plans, so after this he manipulated me into choosing him over her and making me cut off communication with her and made her look like the bad guy to me.

My relationship with my mum never fully resolved after this entire thing.

Verbal abuse over leaving my computer to go make noodles

CONTEXT - This is one of many examples I have of his abusive verbal exchanges. For context I had told him that I needed to go make a bowl of instant noodles. Back in 2017 I was a uni student sharing a student rented home with 5 other students and my brother. The gas stove that we shared was broken, the fire would not ignite and none of us had a lighter at the time. I was afk for 40 minutes to fix my stove and make my food. My ex did not approve of me being away for so long and blew up on me. He verbally berated me, insulted my intelligence and manipulated me into believing I was in the wrong. He also took offense to the fact that I asked my housemates to help with the stove before him while he lived across the ocean, of course I would ask them to help me fix it before anyone else.

His verbal abuse happened almost every day and would last for hours, even days.

[redacted]

you ignored the fuck outta what I sent you

Jun 10, 2017 2:03:47am

[redacted]

3.

Jun 10, 2017 2:03:41am

[redacted]

2. you give it to your friends

Jun 10, 2017 2:03:40am

[redacted]

for 1 you dont give me the common courtesy of letting me know where you're going for long periods of time

Jun 10, 2017 2:03:35am

[redacted]

Im not trying to disrespect you... :/

Jun 10, 2017 2:03:18am

[redacted]

okay gotcha.

Jun 10, 2017 2:03:03am

[redacted]

so its okay to disrespect me like that then

Jun 10, 2017 2:03:01am

[redacted]

I dont think you should be getting so worked up about a misunderstanding...

Jun 10, 2017 2:02:18am

[redacted]

but this is fuckin stupid

Jun 10, 2017 2:01:36am

[redacted]

i'm not one to screenshot something

Jun 10, 2017 2:01:33am

[redacted]

you literally didnt even fuckin read what I said

Jun 10, 2017 2:01:16am



now its just a fucking misunderstanding

Jun 10, 2017 2:05:33am

[REDACTED]

but not for me

Jun 10, 2017 2:05:26am

[REDACTED]

when you have time for others

Jun 10, 2017 2:05:24am

[REDACTED]

because just cause i'm yours doesnt mean you can fuckin not give me common courtesy

Jun 10, 2017 2:05:15am

[REDACTED]

and nasty apparently

Jun 10, 2017 2:05:12am

[REDACTED]

so thats why im so worked up

Jun 10, 2017 2:04:59am

[REDACTED]

case and point

Jun 10, 2017 2:04:54am

[REDACTED]

you didnt even read what I had to say

Jun 10, 2017 2:04:36am

[REDACTED]

douchebag.

Jun 10, 2017 2:04:25am

[REDACTED]

wow calm your tits

Jun 10, 2017 2:04:18am

[REDACTED]

right up your ass.

Jun 10, 2017 2:04:07am



so you don't care

Jun 10, 2017 2:12:33am

well, Im sorry you worried about me

Jun 10, 2017 2:12:19am

and I don't even know where you'd be to let someone know to get help

Jun 10, 2017 2:11:51am

so many fucking things

Jun 10, 2017 2:11:39am

trip and fall

Jun 10, 2017 2:11:36am

you could accidentally hurt yourself

Jun 10, 2017 2:11:33am

someone could break in

Jun 10, 2017 2:11:28am

there are a million different things that can go wrong

Jun 10, 2017 2:11:25am

or are you blind

Jun 10, 2017 2:11:14am

it has been for over a week

Jun 10, 2017 2:11:13am

have you fucking forgotten there is a terrorist threat in your nation

Jun 10, 2017 2:11:11am

everythings going fine

Jun 10, 2017 2:11:08am



If you're worried about someone, you don't berate their intelligence and insult them.

Jun 10, 2017 2:14:25am

[Redacted]

1. I wasnt messaging them for the fun of it
2. I was messaging them specifically for help because it was their cooker

Jun 10, 2017 2:14:13am

[Redacted]

seeing as how your friends get to find out more than I do

Jun 10, 2017 2:13:43am

[Redacted]

after I told you I'd prefer to hear at least a "i'll let you know whats up if I can"

Jun 10, 2017 2:13:35am

[Redacted]

jeez

Jun 10, 2017 2:13:18am

[Redacted]

because I didnt mean for you to get worried

Jun 10, 2017 2:13:15am

[Redacted]

why the fuck you sorry im worrying about you

Jun 10, 2017 2:13:01am

[Redacted]

how the fuck do you get a "dont care" from a "Im sorry

Jun 10, 2017 2:12:55am

[Redacted]

wtf

Jun 10, 2017 2:12:44am

[Redacted]

I do care

Jun 10, 2017 2:12:41am

[Redacted]

I shouldve messaged you but I was more concerned about the fact that I couldnt cook anything

Jun 10, 2017 2:12:33am

[Redacted]

so you don't care

Jun 10, 2017 2:12:33am



[redacted]

the fact that it took you 40 minutes is what surprises me the most

Jun 10, 2017 2:20:41am

[redacted]



IP Address: [redacted]

Jun 10, 2017 2:20:10am

[redacted]

you can paint like a champ but you're fucked at the site of old stove

Jun 10, 2017 2:20:01am

[redacted]

especially for mechanical things

Jun 10, 2017 2:19:47am

[redacted]

i feel like common sense just never blessed you

Jun 10, 2017 2:19:20am

[redacted]

you really do

Jun 10, 2017 2:19:11am

[redacted]

> ~>

Jun 10, 2017 2:18:53am

[redacted]

you need jesus

Jun 10, 2017 2:18:39am

[redacted]

i was and it was just making noises

Jun 10, 2017 2:17:01am

[redacted]

or shit breaks

Jun 10, 2017 2:16:44am

[redacted]

push buttons until shit happens

Jun 10, 2017 2:16:42am





He takes this moment to compare himself to me to show how much of a better, more intelligent person he is. He criticized me about everything and compared me to him every single time.

[redacted]

you sent me a video with no description

Jun 10, 2017 2:25:58am

[redacted]

along with the video

Jun 10, 2017 2:25:56am

[redacted]

no you didn't

Jun 10, 2017 2:25:47am

[redacted]

Well I did

Jun 10, 2017 2:25:44am

[redacted]

perhaps I like it when you come to me for help so you don't waste 40 minutes of your life playing the fool

Jun 10, 2017 2:25:26am

[redacted]

cause you like to look better than everyone else

Jun 10, 2017 2:25:22am

[redacted]

perhaps I am

Jun 10, 2017 2:25:02am



[redacted]
over a stupid stove

Jun 10, 2017 2:27:30am

[redacted]
after you blatantly ignored me

Jun 10, 2017 2:27:25am

[redacted]
yeah and you expected me to just up and help you

Jun 10, 2017 2:27:21am

[redacted]
"Actually
I'm stood here trying to get the gas cooker to work
Cause it's old fashioned
I'm doing what everyone's told me to but it's not igniting"

Jun 10, 2017 2:27:05am

[redacted]
but you could ask your friend who can't explain something to you apparently

Jun 10, 2017 2:26:44am

[redacted]
only to tell me you couldn't figure out a fucking stove

Jun 10, 2017 2:26:32am

[redacted]
besides why the fuck you coming to me for help after you ignored me for 40 minutes

Jun 10, 2017 2:26:25am

He seemed to really want to help me out with my issue so I sent him a video of my stove not working and he used that as an opportunity to take control of the situation by choosing to not help me after all.



My stove was already fixed and I had already cooked my food by this time in the conversation, because I had my housemates to help, since they also own and share the stove. There were a total of 6 people in the house I lived in who I would go to first to help fix any appliance at the house before getting online to ask my ex.



My stove was literally broken and he equates that to me being incapable of using any in-house appliances.

[redacted]

but 6 knobs evades you

Jun 10, 2017 2:46:58am

[redacted]

how can you process so much information

Jun 10, 2017 2:46:55am

[redacted]

Im done talking to you

Jun 10, 2017 2:46:52am

[redacted]

tell me

Jun 10, 2017 2:46:45am

[redacted]

no go on miss slow one

Jun 10, 2017 2:46:38am

[redacted]

yep your ignorant as fuck

Jun 10, 2017 2:46:31am

[redacted]

but your brain can't process 6 switches/knobs

Jun 10, 2017 2:46:18am

[redacted]

how can you micro manage 200 layers on a canvas

Jun 10, 2017 2:46:08am

[redacted]

and explain to me this though

Jun 10, 2017 2:45:58am

[redacted]

cause the struggles gunna be real when I have to have a hand in it

Jun 10, 2017 2:45:20am

[redacted]

and i worry for you

Jun 10, 2017 2:45:08am



[redacted]

I dont need to remind you about my hip

Jun 10, 2017 2:50:57am

[redacted]

well never mention it to me

Jun 10, 2017 2:50:52am

[redacted]

I'm not using it as a fucking crutch how many times do I have to stress this to you

Jun 10, 2017 2:50:44am

[redacted]

but you still use that as a crutch so that makes you a douche

Jun 10, 2017 2:50:00am

[redacted]

congrats you're dislexic

Jun 10, 2017 2:49:49am

[redacted]

well you suck at following instructions, expressing yourself, and keeping track of what I said

Jun 10, 2017 2:49:45am

[redacted]

For many adults with dyslexia, it is issues with short-term memory and speed of processing that are more frustrating than issues with reading or spelling. When these difficulties are more severe, they can cause problems with:

keeping track of conversations
following instructions
expressing a point of view

Jun 10, 2017 2:49:16am





He noticed how I was right in saying I never blamed it on dyslexia and decided to move the focal point of the conversation to me calling him ignorant when I said it earlier in the conversation before.

He will always insult me but I will call him out on something or insult him back and he suddenly gets offended. It felt like he purposely prodded and poked me to get me to insult him back so he had more of a reason to treat me like garbage.

[redacted]

i do

Jun 10, 2017 2:52:05am

[redacted]

the fact that you dont even take the dyslexia thing into account with me is called being ignorant

Jun 10, 2017 2:52:01am

[redacted]

that one

Jun 10, 2017 2:51:51am

[redacted]

ignorant ass

Jun 10, 2017 2:51:47am

[redacted]

what assumptions

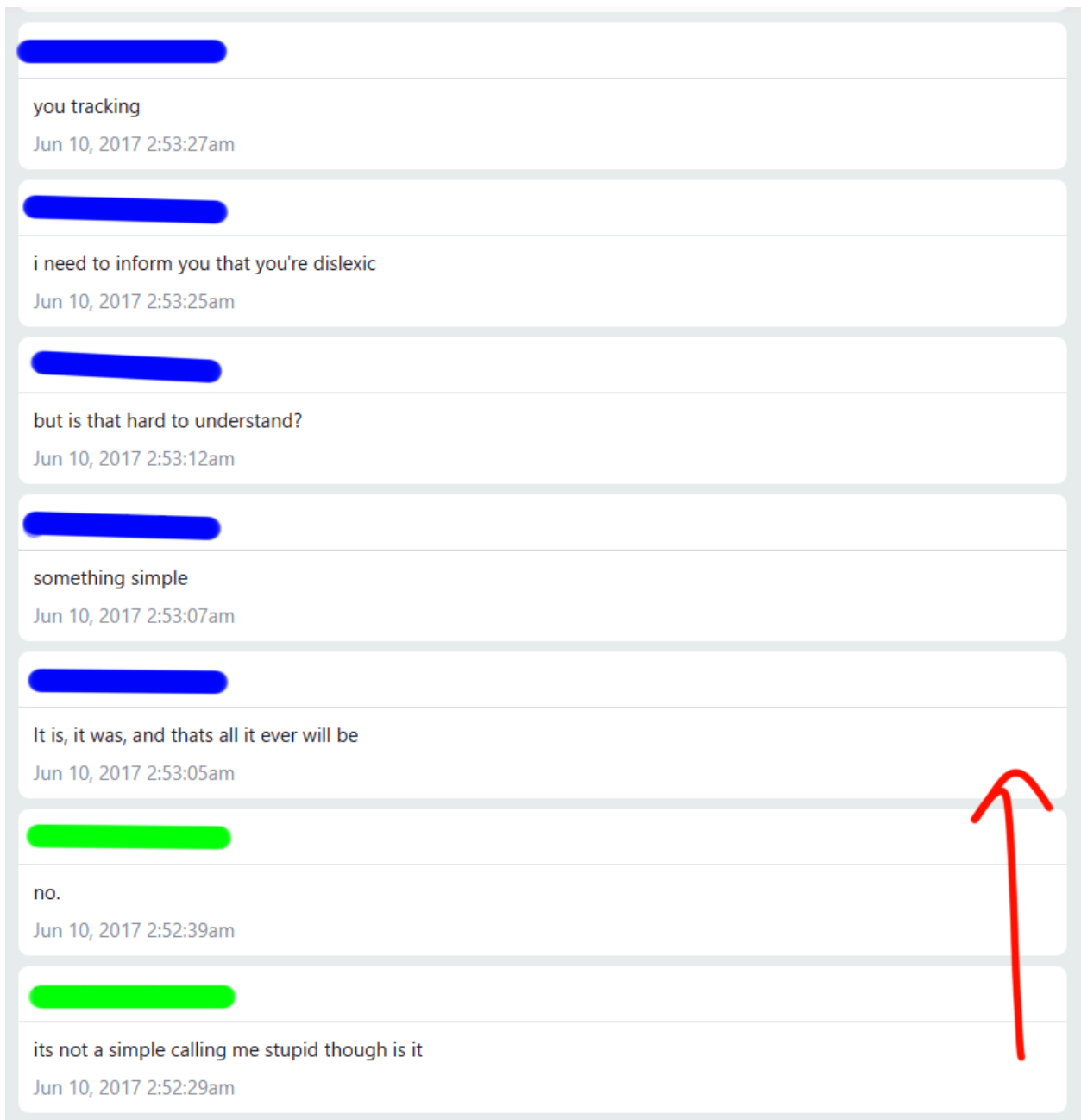
Jun 10, 2017 2:51:42am

[redacted]

10/10 would marry

Jun 10, 2017 2:51:37am





He starts to mock me like a bully.

[Redacted]

I don't need a reminder

Jun 10, 2017 2:56:21am

[Redacted]

or should I tell you again

Jun 10, 2017 2:56:17am

[Redacted]

was that clear enough?

Jun 10, 2017 2:56:11am



[Redacted]

I still stuck around with you did I not?

Jun 10, 2017 2:58:38am

[Redacted]

oh if only you knew the half of it

Jun 10, 2017 2:58:31am

[Redacted]

and I'm just telling you all the shit I dislike about you doing to me

Jun 10, 2017 2:58:22am

[Redacted]

you never were patient with me

Jun 10, 2017 2:58:22am

[Redacted]

I am done being patient with you

Jun 10, 2017 2:58:13am

[Redacted]

that I tell you

Jun 10, 2017 2:58:06am

[Redacted]

you simply do not care enough about how I feel

Jun 10, 2017 2:58:04am



[redacted]
or did you forget already

Jun 10, 2017 2:59:35am

[redacted]
thats why I told you I was going to leave you

Jun 10, 2017 2:59:31am

[redacted]
you had the prospect of being problematic

Jun 10, 2017 2:59:20am

[redacted]
in case you where unawhere

Jun 10, 2017 2:59:04am

[redacted]
be rid of me?

Jun 10, 2017 2:59:02am

[redacted]
tolerance

Jun 10, 2017 2:58:57am

[redacted]
thats called patience

Jun 10, 2017 2:58:55am

[redacted]
when all I wanted was to be rid of you when you didn't want to move out





In the heat of an argument, he would frequently bring up the times he threatened to leave me over something, and use the fact that he didn't as evidence of me being impatient, or somehow in the wrong.



All this because I afk'd to make food for 40 minutes, this conversation continued on longer, but his point generally remained the same.

There were many instances of this same situation, whether I had stepped away to talk to my friends, or afk'd to focus on drawing art.

He kicked me out of his house with nothing but the clothes i was wearing

I was in the states and he was mad at me so he kicked me out of his house, all I had were the clothes I was wearing and my phone. I couldn't drive, I was unfamiliar with the area, alone in another country, far away from home, while he was having a tantrum in his house. This was because he took me to a shooting range and I just wanted to watch him shoot and not participate. He was furious that I was reluctant to shoot his gun and refused to speak to me for 2 days. He embarrassed me in public, in front of his friends, over something so minor.

Since this happened in person, the screenshots are from after the fact when we talked about it.



[REDACTED]

I'm only human... we all make mistakes....

Jun 22, 2018 2:08:23pm

[REDACTED]

And you are correct

Jun 22, 2018 2:07:49pm

[REDACTED]

I made a mistake

Jun 22, 2018 2:07:45pm

[REDACTED]

I don't think that's the correct way to treat a situation

Jun 22, 2018 2:07:41pm

[REDACTED]

Whether the issue was resolved, regardless you forced me out of your house

Jun 22, 2018 2:07:24pm

[REDACTED]

I honestly thought we had resolved that issue... After I'd done that to you

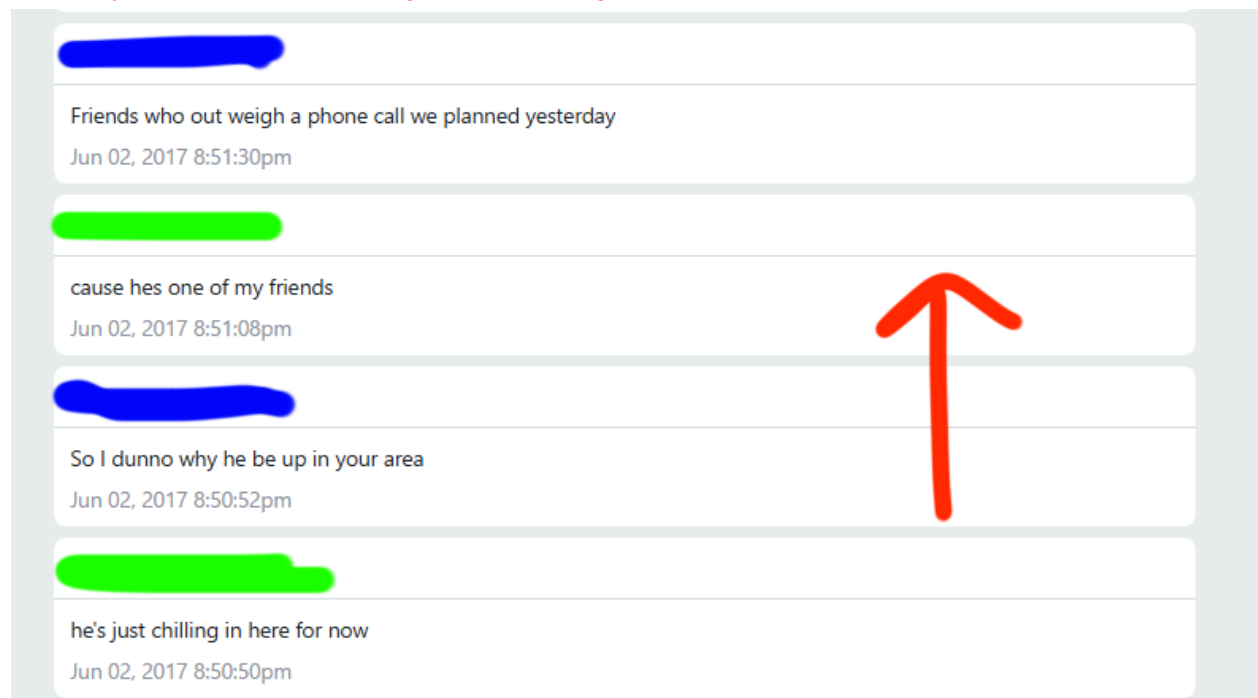
Jun 22, 2018 2:06:57pm

Here is one of many examples of how he found a way to make sure there is never a right way for me to do something for him, that I will always be in the wrong

When I lived with 6 other students in the shared accommodation, we would often hang out in each other's rooms to chat or play games or just socialize, but also use the living room area for student friends who needed somewhere to sleep while looking for accommodation of their own. One night a friend had visited us and needed a place to sleep so I used that night to socialize with them while I was texting my ex at the same time. I had planned to make dinner, then take a nap and then video call my ex before the day ended.

Even though my ex knew about this he decided to start an argument about it for having a friend present and not wanting to video call him at that exact moment and that he basically wanted to call me regardless of who is around me.

I'm only including a portion of the conversations because his arguments would last for hours, even days. It can be exhausting to read through.



[redacted]

I wasnt gunna call you at this point regardless

Jun 02, 2017 9:01:25pm

[redacted]

It's sad

Jun 02, 2017 9:01:24pm

[redacted]

Was that because someone was in front of you that's why you can't call

Jun 02, 2017 9:01:20pm

[redacted]

I gave you no excuse

Jun 02, 2017 9:01:14pm

[redacted]

No you gave me a bullshit excuse

Jun 02, 2017 9:01:01pm

[redacted]

Hmm youve totally misinterpreted this

Jun 02, 2017 9:00:50pm

[redacted]

I was under the impression that you would finally be able to call me free of interference from your mother, now a friend is what stops you now. Guess I'll just stay silent when I'm in public with you.

Jun 02, 2017 9:00:01pm

[redacted]

if I wasnt planning to do it at this time in the first place

Jun 02, 2017 8:59:21pm



[REDACTED]

So much for "showing off your boyfriend" as you've told me before

Jun 02, 2017 9:15:24pm

[REDACTED]

Because here I am thinking I can't talk to you when your friends are there

Jun 02, 2017 9:15:11pm

A couple days later I started doing just that, calling him even when my friends were with me. He then had a problem with me for not respecting his privacy and got offended when I told him that my friends said his voice sounded cool for voice acting.

When I don't call him in front of my friends, he doesn't like it; when I do call him in front of my friends he doesn't like it.

Abusers will always make you lose in every situation.



[redacted]

they couldnt tell what you were saying

Jun 06, 2017 11:54:43pm

[redacted]

I didnt have it on loud speaker

Jun 06, 2017 11:54:35pm

[redacted]

:<

Jun 06, 2017 11:54:23pm

[redacted]

i like my privacy

Jun 06, 2017 11:54:11pm

[redacted]

what?

Jun 06, 2017 11:54:04pm

[redacted]

nice to know..

Jun 06, 2017 11:53:55pm



[REDACTED]

and 2 thats the gayest thing a man has ever indirectly ever told me

Jun 07, 2017 12:02:35am

[REDACTED]

hm well 1 i am concerned about the privacy of our conversations when we call now

Jun 07, 2017 12:02:24am

[REDACTED]

its not often you hear someone speak with an American accent here unless it's on TV

Jun 07, 2017 12:00:29am

[REDACTED]

they couldnt tell what you were saying but they could hear your voice

Jun 06, 2017 11:59:42pm

[redacted]
Like it's nothing

Jun 07, 2017 12:10:06am

[redacted]
It's kinda fucking creepy to be told that

Jun 07, 2017 12:10:02am

[redacted]
I know exactly how you feel

Jun 07, 2017 12:09:53am

[redacted]
my friends compliment you and it turns you into a shit mood

Jun 07, 2017 12:09:49am

[redacted]
Ah so glad to see you don't care on how that makes me feel

Jun 07, 2017 12:09:28am

[redacted]
well Im sorry but men here dont work that way

Jun 07, 2017 12:09:02am

[redacted]
If he made such a comment

Jun 07, 2017 12:08:41am

[redacted]
There are certain things that men don't say to each other, that is one of them, and that falls under things you should keep to yourself

Jun 07, 2017 12:08:33am

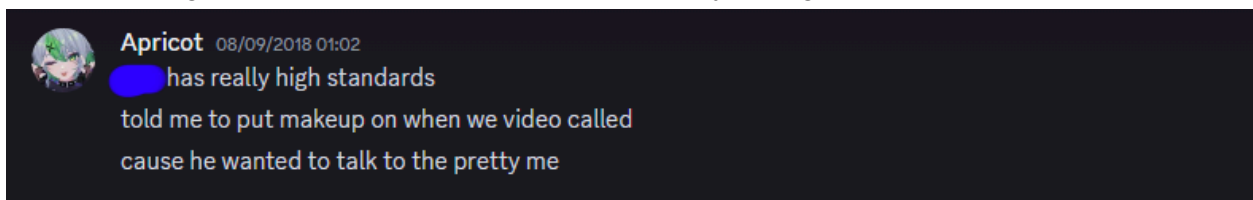


He asked me to put makeup on when we video called because I wasn't pretty enough without it.

I was comfortable enough to be my human self around him before this, not wearing makeup, wearing pjs, not doing my hair. He would often call me ugly when I did this.

There was a time he was around his friends and wanted to video call me but i wasn't wearing makeup and I was wearing a dressing gown, I had just got out of bed.

He told me to go put makeup on because I wasn't pretty enough for him.



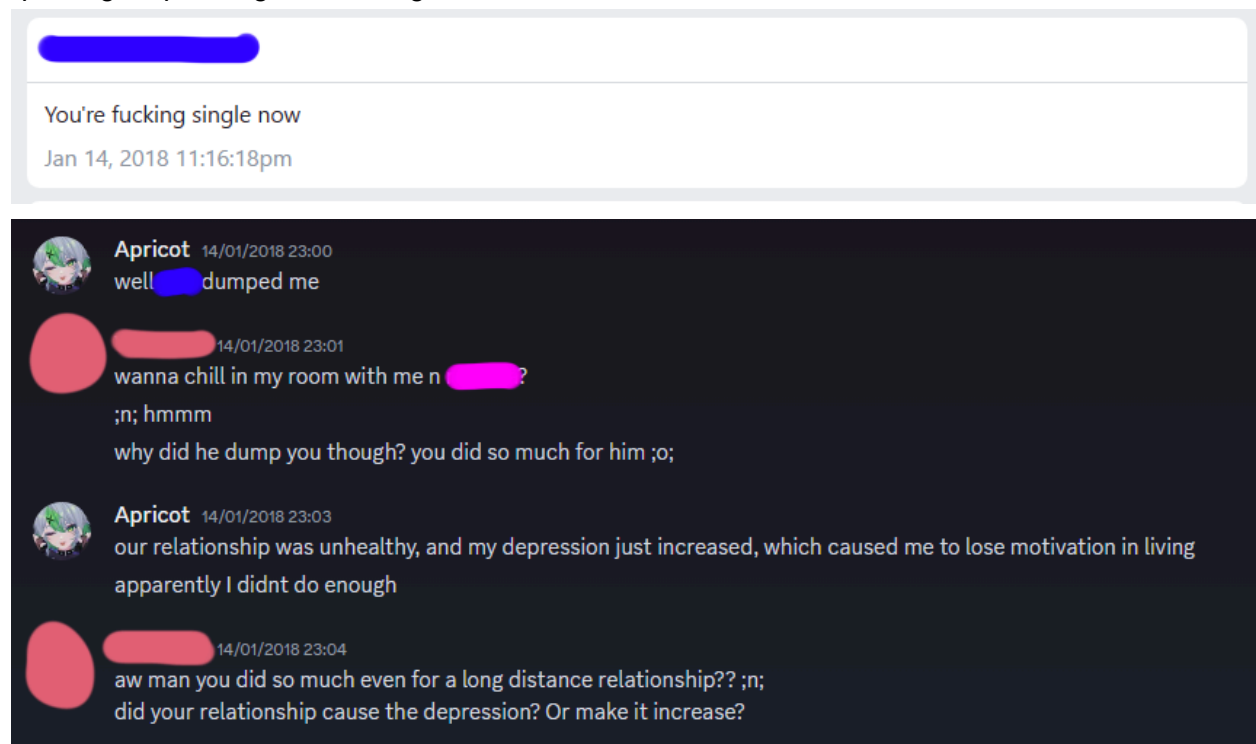
This screenshot is me venting to my brother about it. My brother heard everything my ex was putting me through when I was able to reconnect with him after my ex cut me off from him.

Another time he said I looked stupid and pulled weird faces when I was working on art commissions while video calling him. He just often made unsavory comments about my looks. It damaged my view of myself permanently.

The depression in this situation caused me to experience recurring sleep paralysis, and sometimes I saw hallucinations in the room I confined myself in.

After he manipulated me into feeling like I can't live without him, he broke up with me everytime things didn't go his way to mess with my emotions and force me to change for him. I was in a

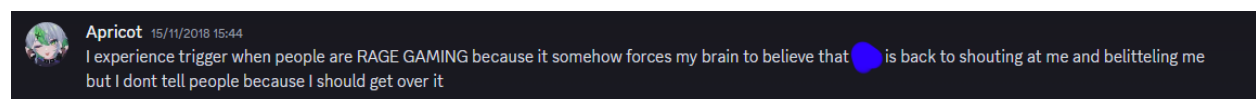
spiraling loop of negative feelings.



Again talking to my brother about one of the instances where this happened.

It breaks my heart to read the past me talk about not wanting to live.

I'm grateful for getting away from all of this and being alive today and given an opportunity to become my real self.



The experience has changed the way I take in the world and I have slowly been coming back out of my shell. I have all of my friends, my family, my community and vshoj0 to thank for that.

He tried to get me to quit my university degree to live in the states with him

I was nearing the end of graduating with my university degree I had just spent the past 2 years working towards. He was impatient and needed me to live with him in America asap. Luckily I was set on finishing my degree before making any life changing decisions like that, but he berated me over it.

Ultimately my mental health got in such a bad way at the time that I took an entire year off attending my degree and had to repeat the final year to complete it.

[redacted]
with no education

Jan 17, 2018 9:13:15pm

[redacted]
than dragging your ass down

Jan 17, 2018 9:13:06pm

[redacted]
i will do better in life moving to america with a finished degree

Jan 17, 2018 9:13:01pm

[redacted]
says me

Jan 17, 2018 9:12:51pm

[redacted]
Says who

Jan 17, 2018 9:12:44pm

[redacted]
i cant break free until Ive graduated

Jan 17, 2018 9:12:37pm

[redacted]
So then fucking go

Jan 17, 2018 9:12:36pm

[REDACTED]

Dumbass I don't want a useless wife

Jan 17, 2018 9:14:00pm

[REDACTED]

You realize I wouldn't bring you here unless you can continue your education

Jan 17, 2018 9:13:52pm

[REDACTED]

To you

Jan 17, 2018 9:13:35pm

[REDACTED]

How stupid do I look

Jan 17, 2018 9:13:32pm

[REDACTED]

Oh you realllllyyyy think I would let you drag me down

Jan 17, 2018 9:13:25pm

[REDACTED]

im not ready for it yet

Jan 17, 2018 9:13:21pm

[REDACTED]

no job

Jan 17, 2018 9:13:16pm

He often talked to me about how much of an awful person his ex wife was and compared me to her

He talked about how I was just like his ex wife and how I reminded him of her all the time while also saying the most awful things about her.

He made me believe she was a terrible person with how many negative stories he shared with me regarding her and then made me believe I was just as bad.

I told him that I do not like being compared to other people regardless, having been a twin my whole life.

[REDACTED]
You're happy being a depressive woman

Feb 11, 2018 2:17:25pm

[REDACTED]
And you do nothing to fix yourself

Feb 11, 2018 2:17:15pm

[REDACTED]
With how you're not the awesome [REDACTED] you used to be

Feb 11, 2018 2:17:06pm

[REDACTED]
Now you make me want to kill myself

Feb 11, 2018 2:16:24pm

[REDACTED]
Oh I know

Feb 11, 2018 2:16:15pm

[REDACTED]
I used to be optimistic about everything

Feb 11, 2018 2:15:35pm

[REDACTED]
Then you became her

Feb 11, 2018 2:15:08pm

When it came to depression, I actually tried more than once to help myself. I went to see my GP about the depressive episode I was going through and she told me to sort out my relationship before she can help me and sent me home. I was too scared to seek any help after that and now I'm too scared to see a doctor about anything until something is physically wrong with me.

I have much more proof of the abuse I faced back then but I have been trying to make this document for a whole year now and I've decided there is no value in putting my time and energy into this anymore. I am closing this chapter of my life, I have finally been able to come to terms with what happened and would like to move on. This is closure for myself.

I would like to focus on continuing to bring music, art, gaming content to my community and that is all I wish to do.

After these events I now suffer from depression and increased levels of anxiety, and agoraphobia. I struggle to deal with friends and family getting too close to me and often drift myself away in fear of getting hurt again.

The home I self-isolate in is my safe space and VTubing, drawing art, making music, playing games is what I have found enjoyment in.

I know how valuable time is and I won't take up too much of yours.

Don't let others judge how you view people, make judgements on your own terms and by your own experiences.

Thank you.